Educational Meditation

Learn through the mind-body connection

BY WILD DIVINE

User's Manual

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OVERVIEW

Thank you!

Thanks for your interest in using Educational Meditation by Wild Divine with your students. We are really excited about this program and the opportunity to help improve the education of young people.

Educational Meditation by Wild Divine is intended to help your students practice and learn what they are working on in school. At the same time they will be developing a better understanding of their mind body connection. Many benefits are realized when people understand their mind-body connection. Some of these include better focus, the ability to learn more quickly, increased calmness and focus, and a heightened ability to regulate changes in mood.

How It Works

Educational Meditation is built around quizzes and comes with a number of them. In these quizzes a question is displayed, and several possible answers are shown on the right side of the screen. To answer questions, the player will use their skin conductance, or energy level, to move the marker higher or lower in order hit the correct answer for the question being asked. The pen or marker will automatically move across the screen. All questions in the program are multiple choice.

Additionally, Educational Meditation is designed to make it easy for you to create your own quizzes Instructions for creating your own quizzes start on page 11 of this manual.

Note: If you have played Wild Divine's older programs, this is very similar in functionality to the Floating Balloons exercise in The Passage and Relaxing Rhythms, and the white board game in Mindfulness Academy.

SET UP

Educational Meditation is an online-only program that you can access anytime using your web browser and high speed internet connection. You can start using Educational Meditation by visiting its home page at www.educational-meditation.com. At this page you can create your user name and password. It is also where you will log-in to the program later, so you might want to create a bookmark for this page on your most frequently used computers.

Your students will use the same credentials to log-in, so be sure to choose a password that is appropriate for others to know. There is no limit to the number of players or students that can use the same login.

The home page includes instructions on how to download and install the iom Driver. This is the only piece of software that will need to be installed in order to use Educational Meditation. The iom Driver relays the data coming from your iom hardware, to the exercises on Educational Meditation. Once the iom Driver has been installed it will automatically start with Windows or Mac OS, so you don't have to worry about starting it manually.

Installing the iom Driver Software

PC
1. Download the iom Driver by clicking this link:
   http://www.educational-meditation.com/downloads/iomDriverSetup.msi

2. Run the installer. This can be done by:
   a. Selecting the Run option when prompted above.
   b. Saving the file to a location on your computer, and then double clicking it there.

3. Follow the on-screen steps to complete installation.

4. The iom Driver will start automatically.

5. If prompted by Windows Firewall, click the 'Allow Access' button.

MAC
1. Download the iom Driver by clicking this link:
   http://www.educational-meditation.com/downloads/iomDriver.pkg

2. Locate the iom Driver.pkg file. It will normally be in your Downloads folder.

3. Double click the iomDriver.pkg file and follow the on-screen instructions to complete installation.

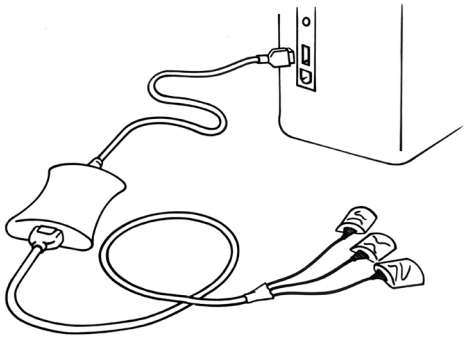
4. The iom Driver will start running automatically.

continued

SET UP *continued*

Connecting the Lightstone or iom hardware:

Remove the three pieces of hardware from the package and connect the cabling using these steps and the figure below as a guide.



Step 1: Insert the rounded end of the USB cable into the matching port on the back of the iom.

Step 2: Insert the opposite end of the USB cable with an image stamped into the cable end into the rectangular USB port on your computer.

Step 3: Insert the plug at the end of the finger sensor cable into the receptacle at the opposite end of the iom.

Attaching the Finger Sensors:

The finger sensors must be properly placed on your fingers in order to control the Practice Events in Educational Meditation. They are worn on the three middle fingers of the hand that will not be controlling the mouse. The heart sensor is marked with a gold dot and should be placed on the middle finger. The other two sensors measure skin conductance level and should be placed on the index and ring fingers. The pads of your fingers should rest comfortably inside the sensors with the flaps going over your fingernails.

Creating your Login Name and Password

When you purchase your subscription for the Educational Meditation program, you create your user name and password and choose your subscription rate. Once this process is completed you will receive an Order Confirmation email, and be directed to the login page. Type in your Username and Password, and click the ‘Login’ button. You are then directed to the main page of the program showing the Public Modules ready for you to begin using. From this Main Menu you will also be able to move to the Custom Modules section, use the ‘Help’ button, and download a PDF copy of this User’s Manual.

continued

SET UP *continued*

Main Menu

PUBLIC MODULES / CUSTOM MODULES

On the first screen you will see options for Public Modules and Custom Modules.

Public Modules are quizzes that are public, and available to any user of the program. These quizzes are all screened by the Educational Meditation staff and approved for public view and use. This ensures that the contents of the program are clean and suitable for all users.

Custom Modules are quizzes that you create for your group to use. When you create a new quiz or module, you will Save this quiz and publish it for your group only. When someone is logged in under your personal/group login name, they will see the module listed in this section. If you wish to make the module Public for all to use, click on the 'Share Module Publically' button. Requests are reviewed daily by the administrator, and once approved you will see your quiz on the Public Modules page.

You can easily see whether you are in the Public or Custom section looking at the color of the quizzes. The Public sections of modules are blue, and the Custom modules are listed in green.

MODULES

Each module has a quiz title with a summary below it. You can read a full description of the quiz summary by moving the cursor to hover over the diamond at the bottom of the description. Please fully use this feature as you create your own Custom and Public modules for you and your students to use.

12 quiz modules can currently be displayed by page. Then at the bottom there are arrow keys to allow you to scroll forward to more pages, and view more quiz modules as they are created, added and published. There is no limit to the number of modules that can be loaded into this program over time. Your learning is infinite!

To begin using and playing a quiz, simply click the 'Play' button on the module you wish to use.

GAME PLAY

Session Settings

The first screen you will be directed to is the Session Settings Screen. This allows for a custom experience with each play, where the user can set the level of difficulty and other settings, and select the type of quiz experience they wish to challenge themselves with. Setting descriptions are as follows.

SENSITIVITY

In previous Wild Divine programs, this was called the Difficulty setting. In Educational Meditation we have introduced new features that allow for additional types of play. The game play used throughout the Educational Meditation program is first based upon the SCL (Skin Conductance Level) measurement. This is what we commonly refer to as the person's energy level. This is a measurement of the sweat gland activity of the user, and is measured by the outer two finger sensors. High energy emotions such as excitement, joy and laughter move the marker upward on the screen. However, so too will feelings of anxiety or stress. Gentle relaxed breathing will help the user relax which will move the marker downward on the screen.

Start to use the program with this slider first in the middle. If the player finds that even the smallest changes in their energy level create dramatic spikes in the movement of the marker on the screen, move the slider to Less Sensitive. Conversely, for someone who has a more difficult time moving the marker on the screen, you can slide this up to More Sensitive as necessary.

Note: there is a natural delay between changes in mental processes and the corrollary changes in sweat gland activity. It is not an instantaneous change, but will be clearly visible within a few seconds. Take some time with your students to explore this mind-body connection and see how even subtle changes in your emotions can have an effect on your bodies. Have fun with this while you all learn more about yourselves!

SCL BIAS

This is something completely new and uniquely created for Educational Meditation. Some people have a very easy time moving their energy levels up. Others can easily move it down. There is nothing wrong with either of these, it just means that there is additional room for improvement with one or the other.

The bias slider will make it easier to either raise or lower the marker. The SCL Bias setting should only be used as needed. It is recommended to first stay in the middle when beginning to use the program, so that you can develop an understanding of where a student or user's natural tendencies lie. Then you can begin to manipulate this sliding scale up or down.

continued

GAME PLAY, SCL BIAS *continued*

If you have a user who tends to have a difficult time relaxing their state, and moving the markers down to the lower answers on the page, then move this measurement more to the left of the sliding scale, making it Easier to Relax. If someone struggles to get their energy boosted up to answer the question with the markers in the higher ranges, adjust the slider to the right side for the Easier to Energize setting.

Think of this as sort of a handicap as it is used in Golf. If a user is struggling with their energy levels, use this setting to help them along within the game. Then, over time if they find they need this setting adjusted less and less, then that is an excellent sign that he or she is learning to more easily gain control of their mind-body connection. In some people, there will always be a need for some form of SCL Bias to assist in play; again to emphasize, our individual SCL readings have strong biological tendencies within all of us, and should always be thought of as one's natural state.

AUDIO AND SENSORS

This is merely the personal choice of the user. If they wish for no background music to play during the program, then simply turn this off. Note, there is a 'Mute' button within the actual program too, so this can later be adjusted at will, say if you wish to speak with a player while in use, and not have the music on while doing so.

You must at this point of course put on your finger sensors, making sure they are plugged into the USB port on the computer and all parts fully connected. Give a few seconds for the program to load and detect the sensor readings for both the Energy and Heart Sensors. They will load and turn from Red to Green, when ready to use.

If for any reason the iom Driver is not detected, then please make sure that this is visible within the system tray or dock on the computer. There should be a green butterfly clearly visible there. If there is any difficulty in loading or detecting the sensors and you have the iom driver correctly loaded, try refreshing the browser by clicking the 'Refresh' button to correctly reload the page.

Once all Session Setting adjustments have been made, click the 'Next' button.

continued

GAME PLAY *continued*

Game Modes and Question Difficulty

We created different styles of play to challenge different players in unique ways. You will also see the difficulty reflected in the number of choices provided in each of the different levels.

Types of play are as follows:

STANDARD – Answer a series of questions by moving the scrolling marker over the correct answer. Your score is generated from correct answers and marker position accuracy.

TIME ATTACK – Answer a series of questions by moving the scrolling marker over the correct answer. Each correct answer increases the speed of the marker. Getting a wrong answer removes the latest speed boosts. The score is generated from correct answers.

STRESS MANAGEMENT – Answer a series of questions by moving the scrolling marker over the correct answer. This mode monitors your stress levels via your heart rate. Higher stress levels (heart rate) move the marker faster across the screen. Lower stress levels allow the marker to move at a slower speed.

PRECISION – Answer a series of questions by moving the scrolling marker over the correct answer. Keep playing until you get all the questions correct.

Question Difficulty

This is reflected in the number of multiple-choice answers that are given during the quiz play. You will be surprised how much more difficult it can be to correctly mark answers when there are 5 potential positions to hit rather than only 2 or 3.

Easy	2 answers per question
Medium	3 answers per question
Hard	4 answers per question
Expert	5 answers per question

Chose your settings and press the ‘Start’ button and begin Play!

continued

GAME PLAY *continued*

Game Screen

You will see the first question in the quiz appear in the upper left hand corner, and the marker begin to move across the screen. Question answers appear on the right side of the screen. The location of the correct answer is set to be variable, thus challenging the player to manipulate their energy/SCL reading up or down to mark through the correct answer. The game will clearly indicate the right or wrong answer during play with either a green mark and Well Done reward, or a red X through a wrong answer. If playing Precision Mode, that wrong mark will stay so that players remember which answer they marked the previous time.

BOTTOM SCREEN INDICATORS:

Back Button – moves you out of quiz play back to the Session Setting Screen if you wish to make changes.

Mute Button – silences the chosen background music during game play. Turn on or off at will.

Question count – gives you the number of games within the quiz, and how many have been in use so far.

Score – on-going current score of this quiz.

Pause – you may pause the game during mid-play to instruct a student or answer a question, and thus not lose time during actual quiz play.

When the quiz is concluded, you will be automatically directed to a Game Complete Screen.

You may either Exit the program and be returned to the Module page you were previously on, or Restart the quiz you previously played.

QUIZ CREATION

Module Editor

All Quizzes are created within the Custom Modules section. Begin from this menu by clicking in the upper right corner the 'Create New Module' button.

Then follow the on-screen instructions. .Create the name of the module first, and then in the box below provide a description of the content within the quiz itself. Please make note of any appropriate grade or other execution details so that different age groups are able to easily determine what content is more appropriate to them.

All Custom Modules can be edited at any time after creation.

NOTE: Once a Module has been made Public it cannot be edited further beyond that point. Please make sure that any module you submit to be made public has any and all adjustments made to it before this time.

Loading or creating quiz questions:

Each quiz can have a maximum of 25 questions per module.

You will see that there is first the option to import questions from an Excel file that you can easily create. A sample of one of the quiz modules already published is available. You place the items in the following order on an Excel spreadsheet by Column, left to right, without headers:

1. Quiz Question
2. Correct Answer
3. Remaining 4 Wrong Answers, 1 per Column
4. Maximum character limit on Answers is 25 characters

This method of module creation allows you to use existing multiple-choice material that you may already have. Or you can more easily create your material within an Excel spreadsheet, edit, spell check it, all before loading this into the module.

To import the file once created, save it to your computer, then use the 'Choose Files' button, and select the Excel file on your system.

You will then automatically see all of the questions and answers for your review on the screen before you. Please again review the material for accuracy, and then SAVE the module. The program will tell you when it has been successfully Saved. You can then exit the Module Editor if you wish and see your quiz loaded there, or continue to load another new module.

continued

QUIZ CREATION *continued*

Manual Quiz Creation:

Begin by typing your question into the screen. Then enter the answers in the order created, noting first the correct answer, and then the false answers.

At any time you can Preview the module by clicking on that selection.

Note: all 5 sections should be filled if you wish to have the quiz with answers available through all 4 of the difficulty levels. A blank answer will show simply as that when in play.

Category Selection

This is an important final step in creating any quiz. Please choose from the drop down menu what category your module fits within best (Math, Science, etc). If there is a category you would like to see created, email the administrator at jean@wilddivine.com.

Finishing Touches – Artwork

For each quiz or module you can choose different artwork options, and you can edit them at any time within your Custom Modules. Some designs may be more easily visible or enticing to different students depending upon their needs. We have 3 different artwork options for you:

- Antique Parchment
- Classic Blackboard
- Scenic Writeboard

Click the choice with the cursor on the left. You can Preview these options at any time by clicking on that button on the screen.

Music

You will also have choices of background music to pick from. You may demo these by clicking the 'Play' button below them.

You are welcome to make suggestions to us for Royalty FREE music options. You may do so by emailing us at sales@wilddivine.com.

Once you have created your quiz and made all of your selections, click on the 'Save' button at the top or bottom of the page. Please wait while the information loads. Once you see the saved notice below, then you may safely navigate away from this page.

Once completed, you may continue to create new modules and quizzes, or continue back to the Custom or Public Modules section and begin using your quizzes with your students now.

SYSTEM REQUIREMENTS

Windows
* 2.33GHz or faster processor
* Microsoft® Windows® XP or later
* Modern web browser
* 512 MB or more RAM

Mac OS
* Intel Core™ Duo 1.83GHz or faster processor
* Mac OS X v10.6 or higher
* Safari 5.0 or later, Mozilla Firefox 4.0 or later, Google Chrome, or Opera 11
* 512MB or more RAM

TECHNICAL SUPPORT AND SAFETY INFORMATION

Technical Support

The answers to Frequently Asked Questions (FAQs) can be found in this User's Manual or in the Knowledge Base from the 'Help' button on the main menu screen. For a more detailed and updated list, visit www.wilddivine.com/wiki. Technical support is available by phone at 1-866-594-WILD (9453). You can also e-mail your question to customerservice@wilddivine.com and expect a response within one business day.

FOR CUSTOMERS IN USA:

Model Number:	HR001.1
Trade Name:	Wild Divine
Responsible Party:	Wild Divine, Inc.
Address:	9550 S. Eastern Avenue, Las Vegas, NV 89123
Telephone:	866-594-9453

Tested to comply with FCC Standards.

FOR HOME OR OFFICE USE

This device complies with the limits for a Class B digital device pursuant to Part 18 of the FCC rules. Operation is subject to the following two conditions:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

TECHNICAL SUPPORT AND SAFETY INFORMATION *continued*

FOR CUSTOMERS IN CANADA:

This Class B digital apparatus meets all requirements of the Canadian Interference-Causing Equipment Regulations.

FOR CUSTOMERS IN EUROPE:

The CE mark indicates that this product complies with the European requirements for safety, health, environment and customer protection. For more information on CE compliance, please refer to the enclosed Declaration of Conformity.

This product has been determined to be lead-free and have no more than trace amounts of lead, cadmium, chromium IV, mercury, and PBD/PBDEs; substances associated with environmental risks. It certifies this product to be in compliance with European Union Directive 2002/95/EC.

Technical Description of Device

The iom hardware is a multi-media, user interface device that contains an electronic feedback component. This product consists of three hardware components: user applied finger sensors, the unit, and a USB connector that plugs into your PC/Mac. Please refer to page 4 - 6 of this User's Manual for a full description of hardware set-up and usage.

The iom's feedback component tracks user's Skin Conductance Levels (SCL) and Heart Rate Variability (HRV) by measuring pulse and sweat gland activity through the finger sensors. This information is then relayed to the computer via the USB to be used by the Educational Meditation software. The program provides numerous ways to visually represent feedback for greater awareness of these emotional and mental states. For a full description of goals and intentions of using Educational Meditation product, please refer to pages 3 through 12 of this manual.

Definitions:

Type BF Equipment:
This device is a type B equipment with an F-type isolated (floating) applied part.

The applied part (user connected finger sensors) is isolated from all other parts of the equipment to the degree that leakage current will not exceed allowable limits given in IEC 60601.1, the International Standards for Medical Electrical Equipment.

Direct Current:
This device is powered by 5 volts direct current as supplied by the PC USB cable.

TECHNICAL SUPPORT AND SAFETY INFORMATION *continued*

Intended Use:

For a full description of goals and intentions of Educational Meditation for entertainment and educational purposes only.

Instructions for Use of the Software and Accessories: Please refer to page 5 of this manual for instructions on the proper use of the iom.

General Product Guidelines

STORAGE PROCEDURES:

- Do not store this product in extremely hot or cold places.
- Store this product within the temperature range: - 40°C to 70°C.
- Store this product with a relative humidity range: 10-100%.
- Do not store this product in places with excessive dirt and dust, or in direct sunlight.

OPERATING PRECAUTIONS:

- Use only with a computer that meets leakage current requirements as put forth by IEC 60601.1
- Use this product within the temperature range of: 5°C to 35°C.
- Use this product within a relative humidity range: 10-95%.

CLEANING PROCEDURES

- Use a soft dry cloth to clean this product.
- Disinfect sensors with alcohol or germicide.

USB CONNECTOR CABLE HANDLING PRECAUTIONS

- Do not touch the terminal ends of the USB connector, doing so may induce electrostatic discharge and damage the device or host PC/Mac.
- When unplugging the USB connector, pull it out by the plug, not by the cable.

SENSOR CABLE HANDLING PRECAUTIONS

- When unplugging the sensor cable, pull it out by pressing down on the button located on the plug, not by the cable.

The device meets isolation and leakage currents of IEC 60601.1. In order to maintain medical compliance, this device must be used with a PC/Mac that meets IEC 60601.1.